



GYOZA - POTSTICKERS

A Healthy Recipe for Meat Filled, Pan Fried & Steamed Asian Dumplings

In case you're wondering what "Gyoza" is... it's the Japanese version of a Chinese potsticker. Where the Chinese version usually has a slightly thicker and larger wrapper, as well as having a filling that's a mix of ground pork and minced shrimp, the Japanese Gyoza has a smaller, thinner wrapper, with no shrimp in the filling. For mine... I'm using thinner, store-bought wonton wrappers, for convenience (hence, we're making Gyoza)... but I'm using a Chinese-ish filling. Because... texture.

Servings Info.:

Yield: 40 dumplings
 Servings: 40
 Serving Size: 1 dumpling



Range

1-1

- last checked 01/07/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Ingredients:

Meat Mixture:

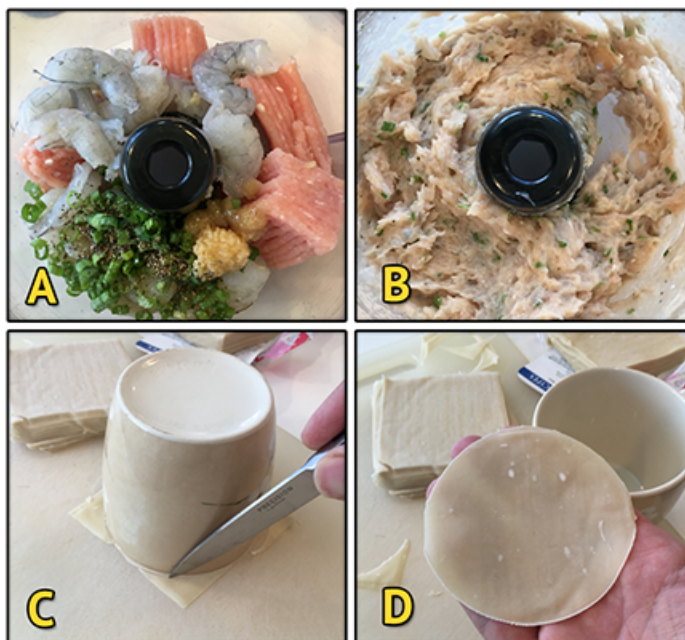
- 1/3 lb. extra lean ground turkey
- 1/3 lb. uncooked shrimp, any size. Peeled, deveined, tail off.
- 1/4 tsp baking soda, dissolved in 1 tsp water
- 1 tsp rice vinegar
- 1 Tbsp low sodium soy sauce
- 1/4 tsp fish sauce
- 1 tsp ginger, finely chopped/minced
- 2 garlic cloves, chopped
- 1 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup green onion, thin sliced
- 1/4 cup onion, diced

Additional Ingredients:

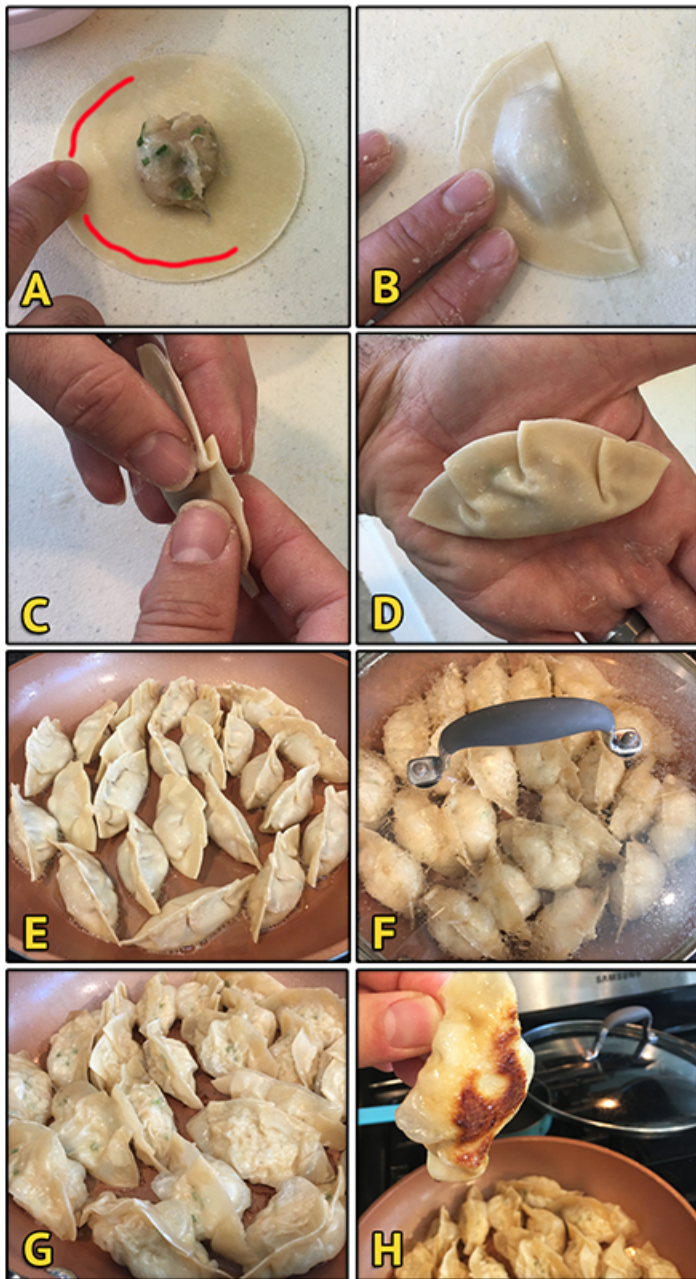
- Cooking spray
- Store bought wonton wrappers. IDEALLY you want to buy 'gyoza' wrappers... however, because not everyone can get those, in my recipe, I'm using regular, 3-1/2 square wonton wrappers. They are more commonly available.

Wonton wrappers can be found wherever they sell the refrigerated 'Asian' groceries, like tofu, at your local grocery store. I used 'Twin Dragon' brand wonton wrappers.

Directions:



1. (A) Add all of the meat mixture ingredients into a food processor. (B) Process till well mixed and smooth. Spoon mixture into a large bowl, cover, set aside. (C) Remove the store bought square shaped wonton wrappers from the packaging. Find a mug or other round object in your house that JUST fits inside the square shape. Place the 'mug' down onto the wonton, then use a knife (on a cutting board) to trim all of the square wrappers into round wrappers. (D) TADA!!!!!! Congrats! You've just made circular 'Gyoza' wonton wrappers! You could have saved yourself a lot of time and BOUGHT gyoza wrappers... but, this was for folks who can't find them. After you are done shaping them, set them aside.



2. (A) Place 1-1/2 teaspoons of filling onto the center of each wrapper. Dip your finger into a bowl of water and wet 1/2 of the wrapper's edge (red area). (B) Fold one half of the wrapper over the other side, making a half circular pocket. While folding, try and gently press out any large air pockets before you close it up. Press the edges together, pushing down on the edges, to seal the dumpling. (C) Lightly wet the outside edges of the wrapper, then fold a little bit of the wrapper back over itself and press together. Repeat the process to create a couple more 'pleats'. (D) Once you've created your 'pleats'... set each wrapper aside on a large tray, lined with parchment paper. It'll take a bit to prepare them all. (E) Once they are all ready... heat a large pan over medium heat for around 2 minutes. Spray the pan with a good 0 point layer of cooking spray, then add as many dumplings as you can (you'll need to cook them in 2 batches). Cook for 3 minutes, without moving them. (F) Add 1/2 cup water, cover the pan and steam for 5 minutes. (G) Remove cover and cook for 2-3 minutes, till the water evaporates. (H) Remove when the bottoms are browned.

NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is that we are SUPPOSED to be using 'GYOZA' wrappers. However, as mentioned, I wanted to show how you can make these with regular, square wrappers. It makes the recipe more accessible to more people.
- **WONTON POINTS:** This recipe makes 40 dumplings. If I were to just build the recipe using 40 wrappers... that'd be 21 points, for the 40 full sized, 3-1/2 inch wrappers. HOWEVER... we aren't using 3-1/2 inch square wrappers sheets, we're trimming them down to circles, which removes a fair amount of wonton. So, I trimmed them, weighed the final 40 round wrappers, in grams, and looked up how many points they were, by weight. It dropped them down from 21 points to 17 (235 grams). Ironically... if you BUY regular 'gyoza' wrappers, 40 of them are 19 points... so my way is a good alternative for folks that can't find those. Remember... different brands might cause your points to vary.
- **I HATE SHRIMP! WAAA!:** If you don't want to have the slight shrimp flavor in the filling, swap it for more ground turkey.
- **FOOD PROCESSOR:** If you don't own a food processor, you can still make this filling. But you'll have to bust out a knife, a cutting board, and chop/mash the bajeezus out of the meat mixture... while trying not to lose any fingers.
- **STEAMED DUMPLINGS:** Instead of potstickers, you can steam these for 8-10 minutes. They came out great.
- **PLEATING:** Though the pleated design looks nice, it isn't mandatory. You can skip it, and even with plain, flat edges, your potstickers will cook just fine.

